

Woman's Page

How to Fight the High Cost of Living

How to Spend Your Summer Vacation—Intelligently Directed Resting Season Can Repair Year's Wear Upon Physique and Mentality—Eighty-per-cent of People Return From Vacations With Worn Looks—Mind Is First Aid to the Body—One Ounce of Right Thinking Worth a Ton of Reparation—Standard Cakes—Style Suggestions.

SUMMER VACATION

The bright sun and the balmy air in these days of June bring to vision those warm summer days soon to come and—vacation.

Usually anticipation of the summer vacation embraces only thoughts of enjoyment—of sight seeing, of parties and picnics.

But the summer vacation plans should, for the girl who either is in the home or at work during eleven months of the year, be made with consideration for more than mere enjoyment.

By directing the summer resting season with intelligence it is possible to repair a year's wear upon the physique and mentality.

How often do we see people return from their summer vacations with worn looks, weary with overindulgence of the attractions to be found at summer resorts. It is a fact that 80 per cent of those who have but three weeks or a month for vacation lose weight.

The mind is the first aid to the body when it becomes worn and is in need of rest. Therefore, while planning and while taking your summer vacation, keep cognizant of the fact that there must be rest for the weary body, recreation for the burdened mind, and fortification for the year's work which begins immediately upon the ending of the summer vacation.

Then, again, there are many who go to sea shore or mountains, who think that they should, to be in vogue, return to their homes with a good coat of sunburn. And many, to accomplish this, deliberately submit their faces to the glaring, hot sun until they are blistered. They suffer fever and inculcable pain, all for indulgence of that vanity which wishes to provoke people into comment upon the fact that one has been upon a vacation.

My advice is to guard against this deliberate sunburn. It is altogether different from that healthy tan which comes from long association with ocean breezes. Anyhow a delicate tan of the skin is very much different from that violent burn.

Deliberate sunburn scars the skin. It interferes with the action of the skin pores, so necessary to both health and complexion. Inject intelligence into your vacation plans and you are sure to attain a result commensurate with the idea of the summer vacation—rebuild health, refreshed energy, revived mind, and fortification for the year to come.

Remember: More actual good is accomplished by one ounce of intelligent direction than by a ton of reparation.

CAKES

Light as a Feather Cake

Scant half a cup cottolene, a little salt, and two small cups sugar, one cup sweet milk, three cups flour, three eggs beaten separate, two teaspoons baking powder, flavor to taste.

Sponge Cake

Three eggs beaten three minutes, one and half cups sugar beaten two minutes, half cup cold water, two cups flour, two teaspoons baking powder, a little salt and flavor to taste.

Chocolate Honey Cake
This may be easily and quickly put together and makes a delicious loaf or layer cake.

Sift together two cups flour, two level teaspoons baking powder, one teaspoon cinnamon, one cup sugar, half a cup ground cocoa or chocolate. Break four eggs into half a cup melted butter, or one-third cup cottolene; add three-fourths of a cup milk and turn this mixture together with three-fourths of a cup honey into the dry mixture. Bake in a slow oven. Frost with an unheated icing made by mixing six tablespoons powdered sugar, four tablespoons ground chocolate, a little ground cinnamon, a very small lump soft butter and enough boiling water to make it the right consistency to spread. For a layer cake this frosting with raspberry or strawberry jam or jelly makes a delicious combination.

Colonel Cake.
Two cups flour, one cup sugar, two-thirds of a cup chocolate, one teaspoon baking powder, two eggs, half a cup butter, or one-third cup of cottolene, one cup milk, vanilla flavoring. Cream butter and sugar, add eggs, well beaten, then add chocolate and flour, baking powder and flavoring in order named.

Filling—Two-thirds of a cup melted butter, two cups powdered sugar, four tablespoons chocolate, four tablespoons strong coffee. Mix and stir all together until smooth.

Crocus Carrot Cake.
Rub four good sized cooked carrots through a sieve. Add two tablespoons ground almonds, three tablespoons sugar, the grated rind and strained juice of half a lemon, the well beaten yolks four eggs, three tablespoons melted butter and the

whites of the eggs beaten stiff with a pinch of salt. Pour into a small baking tin lined with pastry. Bake in a hot oven until ready and serve hot or cold, cut in squares.

Brown Feather Cake.
Dissolve two ounces chocolate in five tablespoons boiling water. Cream half a cup butter, or one-third cup cottolene, and add gradually one and a half cups granulated sugar. Beat the yolks of four eggs, add to the above and then add the melted chocolate, half a cup milk and one and three-fourths cups flour. Beat vigorously. Beat the white of the eggs to a stiff froth and stir carefully into the mixture. Add one teaspoon vanilla and a heaping teaspoon baking powder. Mix quickly and lightly and bake in a moderate oven.

How to Destroy the Dandruff Germ

BY A SPECIALIST

That the dandruff germ is responsible for nearly all the diseases to which the scalp is heir, as well as for baldness and premature gray hair, is a well known fact, but when we realize that it is also indirectly responsible for many of the worst cases of catarrh and consumption, we appreciate the importance of any agent that will destroy its power. We are, therefore, particularly pleased to give herewith the prescription which an eminent scientist states he has found, after repeated tests, to completely destroy the dandruff germ in from one to three applications. It will also almost immediately stop falling hair and it has in numerous cases produced a new half-growth after years of baldness. This prescription can be made up at home, or any druggist will put it up for you: 6 ounces Bay Rum, 2 ounces Lavone de Composee, one-half drachm Menthol Crystals. Mix thoroughly, and after standing half an hour it is ready for use. Apply night and morning, rubbing into the scalp with the finger-tips. If you wish it perfumed, add half a teaspoonful of To-Kalon Perfume, which unites perfectly with the other ingredients. While this preparation is not a dye, it is unequalled for restoring gray hair to its original color.

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NOTICE TO THE PUBLIC

Lucy Lee, wife of J. M. Lee, having left his home, her lawful place of abode, on the 23rd day of May, 1913, states he will no longer be responsible for any obligations or debts contracted by her after this date, May 27, 1913.

MEXICAN CAPITAL FEARS UPRISING

Mexico City, June 11.—Although there is apparently no reason for alarm, the people of the capital are manifesting keen anxiety last night. Stories of the most alarming character are prevalent. The mutiny at the Peralillo barracks has been exaggerated by repetition until thousands, remembering the battle in the streets in February, appear to believe the reports of rising in the garrisons in all the suburbs. Additional patrols are guarding the streets.

Two hundred irregulars, recently recruited, mutinied yesterday in the Peralillo barracks, in a populous section of the city, when they learned that they were to be sent into the field. They cheered for Carranza the rebel leader, and were preparing to take chances of gaining a following in the streets against the government when they found themselves looking into the guns of the men of the Twenty-ninth, the same regiment which occupied the palace when Francisco Madero was captured. This regiment had been rushed across the town to quell the mutiny and the irregulars surrendered without a fight.

Act Quickly

Don't wait until you have some ailment caused by poor digestion, biliousness, or by inactive bowels which may lead to a serious sickness. Immediate relief is afforded by that best corrective and preventive

BEECHAM'S PILLS

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EFFECTIVE MANIPULATION OF MATERIALS.

The several materials arranged in this afternoon gown are used in the correct proportions for the best effect. The clinging skirt is of rather pale rose colored voile, accented pleated, and over it is a tunic of black and white figured net having a vest of plain white. The prescription can be made up at home, or any druggist will put it up for you: 6 ounces Bay Rum, 2 ounces Lavone de Composee, one-half drachm Menthol Crystals. Mix thoroughly, and after standing half an hour it is ready for use. Apply night and morning, rubbing into the scalp with the finger-tips. If you wish it perfumed, add half a teaspoonful of To-Kalon Perfume, which unites perfectly with the other ingredients. While this preparation is not a dye, it is unequalled for restoring gray hair to its original color.

The herring bone border is made from bias bands of black and white striped voile and gives a square neck outline in the back. The soft silk giraffe is of a shade of rose darker than the skirt and rose colored ribbons show through the upper part of the waist.

Climate Failed; Medicine Effective

Rest, fresh air and well cooked, nourishing food do help many persons suffering with Lung Trouble. But in many cases the disease is only temporarily "arrested," and something more is needed. Eckman's Alternative is a medicine for Throat and Lung Troubles and has brought about many complete recoveries—in many cases where the surroundings were not ideal. Judging by the many reports of recoveries received, we believe it should be used in every case of Lung Trouble. A remarkable case follows:

"My Dear Sir: Through your instrumentality I have been saved from a premature grave. On December 14, 1904, I was taken with Typhoid Pneumonia which developed into Consumption. In February, 1905, I went to Fort Worth, Texas, and later to Canon City, Colorado. After being there two weeks, my physician informed me that my case was hopeless. Three weeks later I returned home, weighing 103 pounds, the doctor having given me no assurance of reaching there alive."

"On July 14, 1905, I began taking Eckman's wonderful remedy for Consumption. Today I weigh 158 pounds. I am stout and well and can do any kind of work about my grain elevator."

(Affidavit) ARTHUR WEBB.
(Above abbreviated; more on request.)

Eckman's Alternative has been proven by many years' test to be most efficacious in cases of severe Throat and Lung Affections, Bronchitis, Bronchial Asthma, Stubborn Colds and in rebuilding the system. Does not contain any narcotics, poisons or habit forming drugs. For sale by A. R. McIntyre, Bader's Pharmacy, J. H. Carr, Culley Drug Co., Marshall Drug Co., Cave Drug Store, and other leading druggists. Write the Eckman Laboratory, Philadelphia, Pa., for booklet telling of recoveries and additional evidence.

INVESTIGATION OF RAILROAD SOUGHT

Washington, June 11.—Affairs of the St. Louis & San Francisco railroad, now in receivers' hands, were the subject of an attack in both houses of congress yesterday. The senate, through the passage of the Kenyon resolution, called on the interstate commerce commission to investigate the affairs of the road and furnish complete information as to its relations with the Chicago & Eastern Illinois road, and as to the extent and the present ownership of its bonds and other securities.

A demand for a special investigation by a committee of congress was made in the House by Representative Hinebaugh of Illinois, in a resolution asking for a thorough probe of the road's operations. The Hinebaugh resolution would direct the commission to recommend a law to govern the reorganization of railroads generally. During the consideration of the Kenyon resolution, Senator Newlands said members of the interstate commerce commission would welcome the opportunity to go into the affairs of the bankrupt road.

Senator Newlands declared there had been a great laxity regarding the capitalization and issue for stocks and bonds of railroads, as evidenced by the fact that the St. Louis & San Francisco system had obligations of nearly \$75,000,000 per mile.

HE NEVER DID THINK MUCH OF IT
Judging from his loud silence on the subject we gather that the tariff is a matter that doesn't particularly interest the colonel.—Philadelphia Inquirer.

ROOSEVELT AT BUFFALO

Begins Speech-Making Campaign in State in Interest of District Primary Legislation—Will Address Big a Meeting With Governor Sulzer

Buffalo, June 11.—Theodore Roosevelt spoke here last night in the interest of direct primaries legislation advocated by Governor Sulzer. His address was the first of a series he will deliver throughout the state this week, winding up Saturday night in New York City in company with Governor Sulzer. His speech in part follows:

"Governor Hughes failed in getting through his legislation because the machines of both the old parties were against him. We see the same bi-partisan combination controlling the legislature at Albany today against Governor Sulzer's proposal. We see the representatives of the two parties, which in their platforms promise this legislation, after deliberate caucus and conference solemnly repudiating the very promise on the strength of which they sought and obtained office."

"It is said that we propose to do away with party organization. The statement is not correct. We believe in party organizations. But we believe that it should be really a party organization."

"The only way to beat these bi-partisan bosses is for the decent people, Progressives, Progressive Republicans and Progressive Democrats alike, to stand shoulder to shoulder for the freedom of the state against the men who stand shoulder to shoulder for the political disfranchisement of the people."

"The bill that Governor Sulzer advocates represents an enormous advance upon the existing law. It provides for the nomination of all party candidates for public offices, except town, village and district officers, by direct nomination of the enrolled party voters. It prohibits the use of party funds at primary elections, and it limits the amount that may be expended by a candidate."

"Personally, I wish there could be an amendment of the proposed bill. I should like to see open and responsible leadership provided for in the bill. I am never afraid of leadership when it is open and responsible, and must depend absolutely upon popular backing if it is to remain in leadership. The leadership of which I complain is the irresponsible leadership which sits behind closed doors. I wish to emphasize also the need of a short ballot and of an honest corrupt practices act."

"Moreover, as we Progressives wish to see woman have the same rights as men, I would like to permit the election of a Progressive ticket in the primaries of state committeemen or county committeemen, with a provision which would allow us to elect either an enrolled voter or a duly registered member of the party, so that we could put women as well as men on both our state and our county committees."

"The bill for which Governor Sulzer is standing represents an immense advance on the part of the system, and I am heartily for it. I will work with any man to try to get enacted into law and practice any part of the Progressive platform, and I never will rest content until that part of that platform has become part of the fundamental law of our land."

FALLS DOWN ELEVATOR SHAFT IN FACTORY

Salt Lake, June 11.—Mrs. Evelyn Nielsen, 21 years old and a bride of but a few months, was seriously and perhaps fatally injured by a fall down an elevator shaft in the Salt Lake Costume company building, 114 East Broadway, early yesterday afternoon. According to the reports someone in the store building above her threw water on those in the elevator as they were going up, and she attempted to catch the water, tried to jump off the second floor. It was evident that she got clear of the elevator, but was knocked back by the casing above the door from the shaft falling the two stories to the basement.

The woman's husband did not learn of the accident until he returned to their home, 534 South Main street, after 5 o'clock last evening. He hastened to the Holy Cross hospital, where Mrs. Nielsen had been taken, and remained with her most of the night.

Mrs. Nielsen, who is a native of Denmark, has been in America but about two years. She was employed in the building where she was injured as a saleslady. Although she is considered to be in a critical condition, being injured internally in addition to being badly bruised, Mrs. Nielsen was in excellent health and may recover.

GOOD ROADS CONVENTION

Boise, Ida., June 11.—With several hundred delegates in attendance, the Inter-mountain Good Roads association opened its annual convention here yesterday, and, after spending the day in organizing and listening to addresses, closed the day's program with a smoker at the Natatorium.

Dr. L. P. McCalla called the convention to order and Governor Haines and Mayor Hodges welcomed the delegates on behalf of Idaho and Boise. President J. A. Hendrickson of Logan in his annual address to the con- gress declared that last year Utah alone graded 326 miles, while the total expenditure was more than \$496,000, and this year more than \$500,000 will be expended. He advocated a federal bond issue of \$100,000,000 to be apportioned among the various states, so that the total expenditure will be \$400,000,000 for better roads. President Hendrickson announced the appointment of the following committees:

Credentials—William Wallin, Pocatello; L. E. Emery, Chubbuck; J. J.

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Be particular and cautious on this point, because it means real comfort and a saving in money. These famous comfort shoes have many imitators—shoes that look like the genuine Martha Washington shoes but lack their comfort giving qualities. Don't be deceived. Refuse any comfort shoes unless they bear the name "Martha Washington" and the Mayer trade mark.

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Wear these wonderful, stylish comfort shoes and enjoy lasting foot comfort and relaxation. They are a grateful help to all women who are on their feet a great deal, who tire easily, or seek relief from common troubles arising from sensitive feet. Your dealer has the genuine or can get them for you. Refuse substitutes as the genuine Mayer Martha Washington Comfort Shoes are obtainable. If you cannot find a dealer, write to us.

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Organization—Ravenel, MacBeth, Boise; Dr. L. P. McCalla, Boise; Ralph E. Bristol, Ogden; Fred R. Gooding, Shoshone; C. F. Moore, Montana.
Addresses will be given today by C. E. Koelsch, author of the Idaho highway commission law; A. G. Batchelder on "Roads That Lead Somewhere"; E. M. Ammons on "The Midland Trail"; Governor Odell of Nevada on "Convict Labor"; and Miss Luana E. Bigelow, representative of the government good roads department, on "The Benefit of Better Highways to School Children."

USE OF SAND CEMENT IS EXTENDING

The use of cements, consisting of ortland cement mixed with other fine material, is becoming almost standard practice in the West for certain classes of work. Comment on the tuff cement, used for the Los Angeles aqueduct, was made in the Journal of February 15, 1913. In several, if not all, of the latest dams of the government reclamation projects the bulk of the concrete is specified to be made of ortland cement, reground with an equal quantity of crushed granite or other suitable rock, and this product is to be used in the same ratio to the other elements of the concrete as straight Portland is usually used.

This combination cement is not considered by its sponsors to be in any sense an adulterated product, but to equal in general and in some particulars surpass the unmix Portland cement. There would seem to be an opportunity here for mining companies in certain situations to make an appreciable saving in concrete costs, as the mixed product is substantially cheaper. In remote mines, working against a heavy freight rate, the cost of cement may amount to a prohibitive figure, and lime from local kilns is often substituted for a great deal of work. This is particularly true in Mexico. The added material of the combination cement needs only to be quarried, transported, usually a short distance, crushed and reground with the Portland. This in settled communities costs less than half of what Portland costs, the resulting product, if a 1:1 mixture, is made, costing about 75 per cent of straight Portland. In remote localities the relative cost would be less, approaching 50 per cent, since the added material

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does not have to stand the high freight charges. Suitable rock can usually be found close to any mine, and the property is rare in which some discarded regrading apparatus could not be rehabilitated to do the regrading.

Nor is the remote and usually small property the only one which might take advantage of this economy. A large plant, even at a railroad center, often may have to undertake concrete work on a large scale for foundations, buildings, walls, dams, etc. A specially constructed crushing and regrading plant might easily justify its cost in such a situation under favorable circumstances.—Engineering and Mining Journal.

BEFORE THE DAYS OF SUGAR.

It is evident that before the general use of sugar, the varieties of sweets or candy, as we understand the term, must have been somewhat limited. Even when sugar became well known, its price—according to some authorities, equal to about \$7.50 a pound of our money—must have made candy the luxury of the very wealthy. It is true, however, that there are in use today, though in different combinations, many of the ancient delicacies for sweets. The various delicacies "au miel et pistache" are only another form of the "honey and nuts or almonds" of which the earliest records tell us. It is also probable that the candied fruits of the present day differ only slightly from the mellepita and dulciana of the Greeks and Romans.

When sugar came into general use sweets blossomed forth in a thousand varieties. Indeed, "thousand" is scarcely the word, if we are to take the word of the Spanish confectioner in Beaumont and Fletcher's play, who declared that he could "teach sugar to slip down your throat in a million ways." Other old dramatists give us here and there allusions to the taste for sweets that came in with the reign of Elizabeth. One of the servants of old Capulet begs his comrade to save him a piece of marchpane. There are not wanting authorities to assure us that the "pretty little tiny kickshaws" that Shawlow, Justice of the Peace, had to be brought into the arbor, were a recognized description of sweets. In other writers of the times we meet with constant references to "kissing comfits," and we learn that these were not, as the name might indicate, twisted up in colored paper and called "kisses," such as are still to be found in old-fashioned candy shops in our own country, but that they partook rather of the nature of our aromatic cachous. Even the "sweet potatoes," so affected by Palstaff, were not improbably more or less what we now call crystallized, and were eaten much as we eat preserved quinces and apricots.

A packet of sugar was at one time a costly present to make even to royalty. History tells us of the "comfit-box" that the great Guise missed as he was enticed to his doom.

Arizona's new alien land law applies to Mexicans equally with the Astaties. Suppose Mexico should retaliate in kind—what would become of the Lucky Tiger?—Kansas City Star.

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